

FRONT & CENTER

Providing News to Our Veterans

May 2014

VA BUTLER HAS YOUR BACK

Air Force Veteran Christopher Price needed help... “and the VA found me!” he said. Chris is involved with VA’s mental health program, Compensated Work Therapy (CWT), supportive employment, and HUD-VASH (a joint effort between HUD and VA to move Veterans out of homelessness and into permanent housing). Chris was also a driver for The Mechling-Shakley Veterans Center, driving Veterans to and from their VA appointments.

In order to support the rehabilitation and recovery of every Veteran with a mental illness, VA has

identified recovery as a guiding principle for its entire mental health service delivery system. Recovery is a journey that involves developing hope, self-direction, empowerment, respect and peer support.

Chris has been recognized for his recovery efforts the past three years at VA Butler’s Annual Recovery Recognition Event. “The VA helped me get the treatment I needed. I still have a far road ahead to recovery, but I’m confident I can make it, especially with the great team I’m working with at VA Butler,” said Chris. “It makes me proud that I served my country, and to know that the VA has my

back when it comes to getting the help I need.

VA Butler’s Center for Behavioral Health (CBH) is a treatment resource for Veterans struggling with a wide range of emotional, readjustment and behavioral health issues such as post-traumatic stress disorder (PTSD), depression, anxiety, mental illness, substance abuse, or military sexual trauma (MST).

“What I find most helpful—I never feel left behind,” said Chris. “Getting help from the VA is the smartest thing you can do as a Veteran. You really feel like you’re part of a fraternity again. You served your country—now, let them serve you.”



Help is available. At VA Butler Healthcare, we’re here for you. To learn more about mental health care treatment options, or to request to be seen by VA Butler’s CBH, call 800-362-8262, ext. 5039. Support also is available 24-hours-a-day, 7-days-a-week, 365-days-a-year with the Veterans Crisis Line. Help is just a call, click, or text away. Visit www.VeteransCrisis-Line.net to learn more.

“I still have a far road ahead to recovery, but I’m confident I can make it, especially with the great team I’m working with at VA Butler.” —Chris Price, Air Force Veteran

THIS MONTH IN HISTORY...MAY

- 2** Lieutenants Okaley Kelly and John Macready take off from New York for the West Coast on what will become the first successful nonstop transcontinental flight (1923)
- 14** “Stars and Stripes Forever” by John Phillip Sousa is performed for the first time in Philadelphia (1897)
- 18** The U.S. Congress passes the Selective Service act, calling up soldiers to fight World War I (1917)
- 23** Benjamin Franklin announces his invention of bifocals (1785)
- 23** Civil War hero Sgt. William H. Carney becomes the first African American to receive the Medal of Honor, 37 years after the Battle of Fort Wagner (1900)
- 30** The first American daily newspaper, *The Pennsylvania Evening Post*, is published (1783)

MAY IS NATIONAL MENTAL HEALTH MONTH



The Veterans Health Administration is the country’s largest provider of mental health services. How can you get help? Call VA Butler’s Center for Behavioral Health (CBH) at 800-362-8262 Ext. 5039 or visit www.mentalhealth.va.gov.





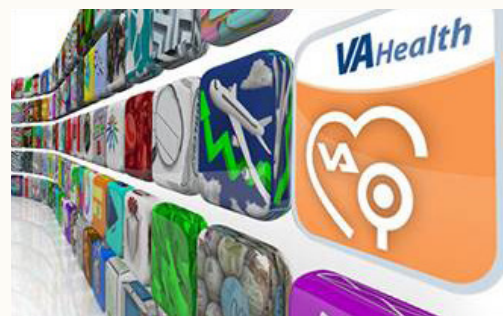
WALK OR ROLL & HELP HOMELESS VETERANS

Support VA Butler Healthcare's fourth annual VA2K Walk and Roll on May 21, 2014. All community members, Veterans, and VA employees are encouraged to participate. This is not a race, and everyone is welcome to walk or roll the approximately 1.2 mile event. The VA2K encourages people of all fitness levels to embrace healthy lifestyle choices that sustain and improve health and well-being.

Participants have the option to donate an item for homeless Veterans. More than 25,000 people at 170 VA facilities took part in VA2K last year. Donations totaled more than \$300,000. With your help, we hope to help even more Veterans. To learn how you can help homeless Veterans, visit www.va.gov/homeless/get_involved.asp.

VA MOBILE HEALTH

To manage your health, you need tools that work on your schedule and with your busy life. VA Mobile Health is here to help ensure you have the support from VA that you need, whenever and wherever you need it. Get the latest information on how new mobile technologies are improving health care for Veterans at mobilehealth.va.gov



NATIONAL WOMEN'S HEALTH WEEK

National Women's Health week is May 11-17, 2014. We all have a role to play in women's health. Women often serve as caregivers for their families, putting the needs of their spouses, partners, children, and parents before their own. As a result, women's health and well-being can become secondary. We have a responsibility to support the women we know, and do everything we can to help them take steps for longer, healthier, and happier lives!

VA Butler knows women Veterans and is best-equipped to meet their needs. Good health is a commitment you make to yourself. Let VA help you make and keep this commitment during Women's Health Week and beyond. Visit www.butler.va.gov/services/women to learn more.

We want to hear from you! Email amanda.kurtz2@va.gov or lauren.heiger@va.gov to share your story with us!

EVENTS

- ⑥ **Opportunity Knocks – Education Fair**
Tuesday, May 6 • 11am-2pm
VA Butler Healthcare Auditorium
- ⑪ **Behavioral Health Council Meeting**
Tuesday, May 13 • 10am
VA Butler Healthcare, Room 218SW
- ② **Annual Memorial Day Ceremony**
Monday, May 26 • 9am
VA Butler Healthcare Auditorium



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